

## Trueman of the Tuck Clan

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**From:** Andrew W. Saul [drsaul@doctoryourself.com]  
**Sent:** Wednesday, February 24, 2010 4:31 PM  
**To:** Andrew Michrowski; trueman tuck; Charles O'Brien; Nicole Galibois; avrom gomberg; info@21esiecle.qc.ca; ejkrop@rogers.com; david coombs; john f coombs; clarence robins; debra pipines; jerry green; atzmonh@bezeqint.net  
**Cc:** bjorn j overbye; diane dawber; christopher ives; helke ferrie; heliosctr@sympatico.ca  
**Subject:** Re: Supplements back on The O'Reilly Factor

### Orthomolecular Medicine News Service, January 19, 2010

#### **No Deaths from Vitamins, Minerals, Amino Acids or Herbs Poison Control Statistics Prove Supplements' Safety**

(OMNS, January 19, 2010) There was not even one death caused by a dietary supplement in 2008, according to the most recent information collected by the U.S. National Poison Data System. The new 174-page annual report of the American Association of Poison Control Centers, published in the journal *Clinical Toxicology*, shows zero deaths from multiple vitamins; zero deaths from any of the B vitamins; zero deaths from vitamins A, C, D, or E; and zero deaths from any other vitamin.

Additionally, there were no deaths whatsoever from any amino acid or herbal product. This means no deaths at all from blue cohosh, echinacea, ginkgo biloba, ginseng, kava kava, St. John's wort, valerian, yohimbe, Asian medicines, ayurvedic medicines, or any other botanical. There were zero deaths from creatine, blue-green algae, glucosamine, chondroitin, melatonin, or any homeopathic remedies.

Furthermore, there were zero deaths in 2008 from any dietary mineral supplement. This means there were no fatalities from calcium, magnesium, chromium, zinc, colloidal silver, selenium, iron, or multimineral supplements. Two children died as a result of medical use of the antacid sodium bicarbonate. The other "Electrolyte and Mineral" category death was due to a man accidentally drinking sodium hydroxide, a highly toxic degreaser and drain-opener.

No man, woman or child died from nutritional supplements. Period.

61 poison centers provide coast-to-coast data for the U.S. National Poison Data System, which is then reviewed by 29 medical and clinical toxicologists. NPDS, the authors write, is "one of the few real-time national surveillance systems in existence, providing a model public health surveillance system for all types of exposures, public health event identification, resilience response and situational awareness tracking."

Over half of the U.S. population takes daily nutritional supplements. Even if each of those people took only one single tablet daily, that makes 154,000,000 individual doses per day, for a total of over 56 billion doses annually. Since many persons take more than just one vitamin or mineral tablet, actual consumption is considerably higher, and the safety of nutritional supplements is all the more remarkable.

If nutritional supplements are allegedly so "dangerous," as the FDA and news media so often claim, then where are the bodies?

Those who wonder if the media are biased against vitamins may consider this: how many television stations, newspapers, magazines, and medical journals have reported that no one dies from nutritional supplements?

### Reference:

Bronstein AC, Spyker DA, Cantilena LR Jr, Green JL, Rumack BH, Giffin SL. 2008 Annual Report of the American Association of Poison Control Centers' National Poison Data System (NPDS): 26th Annual Report. *Clinical Toxicology* (2009). 47, 911-1084. The full text article is available for free download at <http://www.aapcc.org/dnn/Portals/0/2008annualreport.pdf>. Vitamins statistics are found in Table 22B, journal pages 1052-3. Minerals, herbs, amino acids and other supplements are in the same table, pages 1047-8.

### For Further Reading:

Download any Annual Report of the American Association of Poison Control Centers from 1983-2008 free of charge at <http://www.aapcc.org/dnn/NPDSPoisonData/AnnualReports/tabid/125/Default.aspx>

### Nutritional Medicine is Orthomolecular Medicine

Orthomolecular medicine uses safe, effective nutritional therapy to fight illness. For more information: <http://www.orthomolecular.org>

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----- Original Message -----

**From:** Andrew Michrowski

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**Sent:** Wednesday, February 24, 2010 3:49 PM  
**Subject:** FWD: Supplements back on The O'Reilly Factor

----- Original Message Follows -----

**From:** Elwood Richard  
**To:** Sue Vileikis  
**Subject:** Supplements back on The O'Reilly Factor  
**Date:** Wed, 24 Feb 2010 12:15:35 -0600

This video is from the controversial segment on the Bill O'Reilly Show on the danger of supplements is being sent to all who have requested receiving health and USA regulation information. Please advise if these are no longer wanted. Other e mailings available as listed below.

Elwood Richard, Founder

Now Foods

**Subject:** Supplements back on The O'Reilly Factor

Supplements were lumped in with John Stossel's piece to unregulated drugs.

- Bill put up a picture of Suzanne Sommers and stated that she "wants all supplements to be unregulated."
- Mentioned his experience with Red Yeast Rice
- Also stated, "... you gotta have labels on this stuff."

[http://video.foxnews.com/v/4049455/the-feds--your-meds/?playlist\\_id=86923](http://video.foxnews.com/v/4049455/the-feds--your-meds/?playlist_id=86923)

#### **Sign up for e-mailings**

Information listed below is available free about health industry regulations, responses to negative publicity, the environment, and nutritional research. Receive these by putting an "X" in the blank's and click reply. These are sent in packets of 48 or less to undisclosed recipients. All with Yahoo and AOL servers need to provide assurance that these mailings will be white listed.

\_\_\_\_ Truth Advocate (about 1 per month) by Neil Levin, CCN of Now Foods-combats false information. Neil's responses have been published in the Brit Journal of

Medicine, Cancer (a journal of the American Cancer Society) and many others. If you advise him of false information you find, he will respond, time permitting.

\_\_\_\_ USA regulations (about one per month) cover possible restrictions to health freedom, and what you can do about it.

\_\_\_\_ International regulations (about one per month) cover possible restrictions to health freedom, primarily due to Codex and the European Union. Many are not aware

that legislation is in process to limit niacin to 10 mg in supplements (the USFDA is 20mg). There are other unreasonable regulations

State regulations are sent only to residents of the state- (not usually more than 3 per year)  
\_\_\_\_\_ Your state

NOW's weekly Health E-Newsletter with about 6 articles by the Now staff on the latest natural health research

Environmental messages (about two per month)

Pharmaceutical Problems (about one per month) Tells of adverse effects of pharmaceuticals

Natural Health Research Inst (about one per month) Describes research and activities of this organization.

Health messages about ailments, supplements, and lifestyle changes that can improve your health- about one per month

Natural Health Recipes-one per month Advance recipes for Now E News are sent out for comments.

Now University-about one per month- tells about educational courses

If your computer fails to allow the X's, mail your choices to Mary Tevis, Now Foods, 395 S Glen Ellyn Road, Bloomingdale, IL 60108

Helpful information is also available by clicking the websites listed below

[www.nowfoods.com](http://www.nowfoods.com) Now Foods has a website that has an abundance of helpful information.

[www.naturalhealthresearch.org](http://www.naturalhealthresearch.org) The Natural Health Research Institute- Features natural health research to lower healthcare costs.